



#10 E. 6150 S.  
801-264-2635  
[www.murray.utah.gov](http://www.murray.utah.gov)

Accredited by   
National Institute of  
Senior Centers

## New classes in August

- Genealogy in Simple Terms Class—**Thursday, August 13** at 10:30. Ray Millgate from the Legacy Path Group will present Genealogy in Simple Terms. The class is free, sign up now. If you want to get started on family genealogy but are not sure where to begin, this presentation will introduce you to the simple and enjoyable practice of family research.
- Nutrition & Food Assistance—**Friday, August 14** at 10:30. Marti Woolford will give information on how to apply for the SNAP/Food Stamps program including completing a screening tool to estimate potential benefits. Learn how to maximize SNAP/Food Stamp benefits by including medical deductions and utilizing the Double Up Food Bucks Program. Sign up Now.

# Heritage Center

The Heritage Center is 55+

August 2015 Supplement

## Family Concert—Monday, August 10—7:00



Invite family & friends to the Free summer concert in the backyard on **Monday, August 10 at 7:00 PM**. The Center will open at 6:00 if you'd like to come early and bring a picnic dinner. Ophir Creek recently emerged to redefine the folk, bluegrass, and Southern gospel tradition and to keep it burning with an exciting new sound. They perform a range of songs from soft ballads to rollicking double banjo-supported slices of Americana.

Don't miss out on the opportunity to hear some very talented performers.

## Transportation Begins in August



Starting on **August 5**, transportation to and from the Center will be available on Wednesday mornings for Murray residents. Interested riders need to complete an application and sign up for the service at least 24 hours in advance. The cost will be **\$2** for a round trip. We hope to add Friday as a second day of service starting in September. We are still looking for additional volunteer drivers to assist with the pick up service and trips. Drivers must attend a training course, have a physical, background check, and drug test before they are able to drive. See Susan if you are interested in becoming a volunteer driver. You do not need a CDL license to drive.

Check the front desk for August trip availability. At the time of this publication, all August trips were full, but cancellations happen frequently.

Heritage Outdoor  
Pickleball Courts

# Pickleball

**Ribbon Cutting Date Change**—the new date



**Monday, September 14 at 6:30 PM**

*(Just before the final evening family concert featuring the  
big band music of the Wasatch Jazz Project)*



2015

# Heritage Center Events

Heritage  
Center

#10 E. 6150 S.

(West of State)

801-264-2635

[www.murray.utah.gov](http://www.murray.utah.gov)

[heritage@murray.utah.gov](mailto:heritage@murray.utah.gov)

We are here to  
serve you

Monday-Friday

8:00-4:30 and

Thursday until

10:00 PM

Monday		Tuesday	
9:00 NIA 10:00 Brunch 10:15 Pickleball 11:00 Bridge Lessons 11:00 Sundance Drive 12:30 Ladies Pool 1:00 Movie- <b>Taken 3</b> 2:00 Strength Conditioning	3	8:30 Ceramics 9:00 Stretch/Haircuts 9:30 Line Dancing 10:30 Tai Chi 11:00 Canasta 11:30-12:30 Lunch 12:30 Balance Class 12:45 Crafts 1:00 Computer Help 2:00 Beginning Line Dancing	4
7:30 Davis Park/Golf 9:00 NIA 10:00 Brunch 10:15 Pickleball 11:00 Bridge Lessons 12:30 Ladies Pool 1:00 Movie- <b>The Longest Ride</b> 2:00 Strength Conditioning 7:00 Family Summer Concert Ophir Creek/ Bluegrass	10	8:30 Ceramics 9:00 Stretch/Haircuts 9:30 Line Dancing 10:30 Tai Chi/Climbing The Peaks 11:00 Attorney Consultation 11:00 Canasta 11:30-12:30 Lunch 12:30 Balance Class 12:45 Crafts 1:00 Computer Help 2:00 Beginning Line / Wood Craft	11
9:00 NIA 10:00 Brunch 10:15 Pickleball 11:00 Bridge Lessons 12:30 Ladies Pool 1:00 Movie- <b>Home</b> 2:00 Strength Conditioning	17	8:30 Ceramics 9:00 Stretch/ Haircuts 9:30 Line Dancing 10:30 Tai Chi 11:00 Canasta 11:00 Sundance Drive 11:30-12:30 Lunch 12:00 Medicare Counseling 12:30 Balance Class / 12:45 Crafts 1:00 Computer Heop 2:00 Beginning Line Dancing	18
7:30 Talons Cove/Golf 9:00 NIA 9:30 AARP Smart Driving Class 10:00 Brunch 10:15 Pickleball 11:00 Bridge Lessons 12:30 Ladies Pool 1:00 <b>2nd Exotic Marigold Hotel</b> 2:00 Strength Conditioning	24	8:30 Ceramics 9:00 Stretch/Haircuts 9:30 Line Dancing 10:30 Tai Chi / Vital Aging 11:00 Canasta 11:30 Brighton Silver Lake 11:30-12:30 Lunch / 12:30 Balance 12:45 Crafts 1:00 Computer Help 2:00 Beginning Line Dancing	25
9:00 NIA 10:00 Brunch 10:15 Pickleball 11:00 Bridge Lessons 12:00 Shakespeare Trip 12:30 Ladies Pool 1:00 Movie- <b>Insurgent</b> 2:00 Strength Conditioning	31		

Wednesday		Thursday		Friday	
9:00 Painting 9:15 Pinochle 10:00 Yoga 11:15 Chair A'Robics 11:30-12:30 Birthday Lunch 12:30 Stepping On Reunion 12:45 Bingo 1:00 Bridge 1:00 Computer Help	5	8:30 Ceramics 9:00 Stretch & Tone/Pickleball 10:30 Tai Chi 11:00 Blood Pressure/Glucose 11:30-12:30 Lunch 12:30 Game Day / Happy Hatters 1:00 Square Dance 2:00 Strength Conditioning 7:00 Dance	6	9:00 Zumba 9:00 Senior Learning Network 10:00 Yoga 11:15 Chair A'Robics 11:30-12:30 Lunch 11:45 Massage 12:45 Bingo / 1:00 Bridge 2:00 Payson Fish Fry Trip	7
9:00 Painting 9:15 Pinochle 10:00 Yoga 11:15 Chair A'Robics 11:30-12:30 Lunch 12:45 Bingo 1:00 Bridge 1:00 Computer Help	12	8:30 Ceramics 9:00 Stretch & Tone/Pickleball 10:30 Tai Chi / Genealogy 11:00 Heber Drivie 11:30-12:30 Lunch 12:30 Game Day 1:00 Square Dance 2:00 Strength Conditioning 3:30 Jam Session 6:00 Dinner Dance 7:00 Dance /UTE RC	13	9:00 Zumba 10:00 Yoga 10:30 SNAP Program 11:15 Chair A'Robics 11:30-12:30 Lunch 11:45 Massage 12:45 Bingo 1:00 Bridge	14
9:00 Painting 9:15 Pinochle 10:00 Yoga 11:15 Chair A'Robics 11:30-12:30 Lunch 12:45 Bingo 1:00 Bridge 1:00 Computer Help	19	8:30 Ceramics 9:00 Stretch & Tone/Pickleball 10:30 Tai Chi 11:30-12:30 Lunch 12:30 Games / Happy Hatters 1:00 Square Dance 2:00 Strength Conditioning 7:00 Dance	20	9:00 Zumba 10:00 Yoga 11:00 Blood Pressure/Glucose 11:15 Chair A'Robics 11:30-12:30 Lunch 11:45 Massage 12:45 Bingo 1:00 Bridge	21
9:00 Painting 9:15 Pinochle 10:00 Yoga 11:15 Chair A'Robics 11:30-12:30 Lunch 12:45 Bingo 1:00 Bridge 1:00 Computer Help	26	8:30 Ceramics 9:00 Stretch & Tone/Pickleball 9:30 Toe Nail Clippings 10:30 Tai Chi 11:30-12:30 Lunch 11:30 Brighton Silver Lake 12:30 Game Day 1:00 Square Dance 2:00 Strength Conditioning 7:00 Dance	27	9:00 Zumba 10:00 Yoga 11:15 Chair A'Robics 11:30-12:30 Lunch 11:45 Massage 12:45 Bingo 1:00 Bridge	28

Coming September 14—Open House from 5:00-8:00



Rib Dinner, Entertainment, Art Demonstration

Dinner Tickets on sale August 24—\$6 each

Entertainment at 7:00—Wasatch Jazz Project Big Band

New Pickleball Court Ribbon Cutting Ceremony at 6:30

## Program Reminders

### Recreation

Jam Session—Thursday, Aug. 13 at 3:30

Square Dance—Thursdays at 1:00. Check on class schedule before coming.

18 Hole Golf Tournaments—Davis Park  
8/10 Talons Cove 8/24

Pickleball-Monday & Thursday mornings

### Services

Blood Pressure and Glucose checks on  
Thursday, August 6 at 11:00 and Friday,  
August 21 at 11:00

Attorney on Tuesday, August 11 at 11:00

Barbershop every Tuesday morning.

Computer Help \$3 —Monday, Tuesdays &  
Wednesdays — call for appointment

Massage Therapy—Fridays 11:45-3:45

### Classes

Stepping On Reunion—Wednesday,  
August 5 at 12:30

Senior Learning Network — Friday, Au-  
gust 7 at 9:00—Civil War

Wood Craft — Tuesday, August 11 at  
2:00. Cost is \$5 and includes all supplies.

Genealogy—Thursday, August 13 at  
10:30.

Medicare Counseling on Tuesday, August  
18 at 12:00

Vital Aging on Tuesday, August 25 at  
10:30

AARP Smart Driving — Monday, August  
24 at 9:30

Exercise every day — check the front  
desk for a schedule of classes.



Breakfast is served —  
Mondays from 10:00-  
12:00 during the month of August.  
Order from a menu that includes a  
variety of breakfast favorites!

## More in August —

### Pinochle Luncheon

The Pinochle players will use the “going set” money from this past year to enjoy lunch at the Golden Corral in Midvale on **Wednesday, August 12** after the regular morning tournament. The lunch sign-up can be found on the Pinochle board in the Ceramic Room. Pinochle is played every Wednesday at 9:15. No registration necessary. The cost is \$2 to enter the game. Stop by and join the fun! If you know how to play Pinochle, you are welcome any Wednesday morning to join our Center’s Pinochle Tournament. Register by 9:05 a. m. for play at 9:15. Play five sets of 4 games with rotating partners. Meet new friends and challenge your brain.

### Silver Pen Essay Workshop

The Salt Lake Community Writing Center is pairing up with the Silver Pen Essay Writing Contest for a two-part workshop on **Thursday, August 13 and 20<sup>th</sup> from 1:00-3:00** at Mt. Olympus Senior Center, 1635 E Murray Holladay Road. Please call 801-957-2192 to register for this free workshop. This workshop will help you in preparing your essay for the annual Silver Pen Writing Competition sponsored by Salt Lake County Aging Services. **The theme this year: “I Surprised Myself When...”** All essays must be submitted electronically. [www.slco.org/aging/silver/](http://www.slco.org/aging/silver/) Entry Deadline: September 7, 2015 11:59PM.

### Open House —Save the date Monday, September 14 – 5:00-8:00

Mark your calendar for the Center’s Annual Open House, in honor of National Senior Center month, on **Monday, September 14** from **5:00-8:00**. Enjoy dinner and entertainment with Ophir Creek-Bluegrass. We will be featuring the Center’s art students in the Ceramic Room. The Utah Museum of Contemporary Art is pleased to introduce Mary Toscano as the 2015-2016 Art Truck artist. The Art Truck will be in our parking lot from 5:00-7:00. Please make time to go through the truck while you are at the Center that evening. Look for more information in the September/October newsletter.

## Circuit Breaker Tax Relief Program

The deadline to apply for the Circuit Breaker Tax Relief Program is September 1.

Benefits: Obtain a reduction or abatement of property taxes on your principal residence equivalent to a 20% reduction in fair market value of your property; Obtain a credit of up to \$939 against taxes due on a primary residence.

Requirements: Must be a U.S. citizen, must be the owner of record as of January 1 of application year, must live in the state of Utah for the entire calendar year, must be age 66 prior to January 1 of next calendar year, household income less than \$31,702. See [treasurer.slco.org](http://treasurer.slco.org) for applications and complete requirement information.